

Picklebooty Project – Week 1 Day 2

Mobility Warm-Up (2 Rounds):

Round 1:

- Glute Bridges x15
- Hip Circles x8 forward/back per leg
- Standing Lateral Band Walks x10 each way
- Dynamic Hamstring Sweep x10/leg
- World's Greatest Stretch x3/side

Round 2:

- Glute Bridges x15
- Hip Circles x8 forward/back per leg
- Standing Lateral Band Walks x10 each way
- Dynamic Hamstring Sweep x10/leg
- World's Greatest Stretch x3/side

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Upper Body + Core Stability + Tempo Run

Daily Info:

Date: _____
Morning Weight: _____ lbs
Energy Level (1–10): _____
Sleep Hours: _____
Mood Before Workout: _____

Superset A – 3 Rounds:

Round 1:
- Dumbbell Chest Press – Weight: _____ Reps: _____ Notes: _____
- Bent-Over Dumbbell Rows – Weight: _____ Reps: _____ Notes: _____

Round 2:
- Dumbbell Chest Press – Weight: _____ Reps: _____ Notes: _____
- Bent-Over Dumbbell Rows – Weight: _____ Reps: _____ Notes: _____

Round 3:
- Dumbbell Chest Press – Weight: _____ Reps: _____ Notes: _____
- Bent-Over Dumbbell Rows – Weight: _____ Reps: _____ Notes: _____

Superset B – 3 Rounds:

Round 1:
- Dumbbell Shoulder Press – Weight: _____ Reps: _____ Notes: _____
- Dumbbell Bicep Curls – Weight: _____ Reps: _____ Notes: _____

Round 2:
- Dumbbell Shoulder Press – Weight: _____ Reps: _____ Notes: _____
- Dumbbell Bicep Curls – Weight: _____ Reps: _____ Notes: _____

Round 3:
- Dumbbell Shoulder Press – Weight: _____ Reps: _____ Notes: _____
- Dumbbell Bicep Curls – Weight: _____ Reps: _____ Notes: _____

Superset C – 2 Rounds:

Round 1:
- Triceps Kickbacks – Weight: _____ Reps: _____ Notes: _____
- Reverse Flys – Weight: _____ Reps: _____ Notes: _____

Round 2:
- Triceps Kickbacks – Weight: _____ Reps: _____ Notes: _____
- Reverse Flys – Weight: _____ Reps: _____ Notes: _____

Core Stability Circuit – 3 Rounds:

Round 1:
- Dead Bug – Reps: _____ Notes: _____
- Side Plank – Time: _____/side Notes: _____
- Toe Tap Crunches – Reps: _____ Notes: _____
- Bird Dog (slow) – Reps: _____/side Notes: _____

Round 2:

- Dead Bug – Reps: _____ Notes: _____
- Side Plank – Time: _____/side Notes: _____
- Toe Tap Crunches – Reps: _____ Notes: _____
- Bird Dog (slow) – Reps: _____/side Notes: _____

Round 3:

- Dead Bug – Reps: _____ Notes: _____
- Side Plank – Time: _____/side Notes: _____
- Toe Tap Crunches – Reps: _____ Notes: _____
- Bird Dog (slow) – Reps: _____/side Notes: _____

Tempo Run Cardio – 20 min:

Warm-Up (5 min): _____

Intervals (10 min): _____

Cooldown (5 min): _____

Surface/Incline Notes: _____

Flexibility Cooldown:

- Doorway Chest Stretch – 30 sec/side
- Crossbody Shoulder Stretch – 30 sec/side
- Supine Twist Stretch – 1 min/side
- Deep Breathing – 2 min

Post-Workout Reflections:

What felt strong today? _____

What was challenging? _____

Mood after workout: _____

Recovery plan (hydration, food, sleep, etc): _____

Exercise Guide – Week 1 Day 2

Dumbbell Chest Press (Floor or Bench)

- Lie on your back on a bench or mat with a dumbbell in each hand.
- Start with elbows bent at 90 degrees and dumbbells just outside the chest.
- Press the weights straight up above your chest and slowly lower back down.
- Keep wrists stacked above elbows and avoid flaring elbows too far out.

Bent-Over Dumbbell Rows

- Hold dumbbells at your sides, hinge at hips keeping your back flat.
- Pull elbows back, squeezing your shoulder blades together.
- Lower the weights under control without rounding your back.

Dumbbell Shoulder Press

- Hold dumbbells at shoulder height with palms facing forward.
- Press overhead until arms are fully extended, then lower with control.
- Perform seated or standing. Avoid arching your back.

Dumbbell Bicep Curls

- Stand tall, arms by your sides with dumbbells in hand.
- Curl weights up while keeping elbows close to your torso.
- Lower back down slowly to maintain tension.

Dumbbell Triceps Kickbacks

- Hinge at hips with a flat back and elbows bent at 90 degrees.
- Extend your arms back until fully straight, then return to bent position.
- Keep elbows tight to your body throughout the movement.

Reverse Flys

- Hinge at the hips with a slight bend in the knees.
- Hold light dumbbells in front of you and lift arms out to the sides.
- Squeeze shoulder blades together at the top and control the descent.

Dead Bug

- Lie on your back, knees up at 90 degrees, arms extended toward ceiling.
- Lower opposite arm and leg slowly toward the ground, keeping core braced.
- Return to start and alternate sides.

Side Plank

- Lie on your side, elbow under shoulder, legs stacked or staggered.
- Lift hips off the ground to form a straight line from head to toe.
- Hold the position and switch sides after time is up.

Toe Tap Crunches

- Lie on your back with legs lifted, knees bent at 90 degrees.
- Crunch up and tap your hands to your toes or shins, then lower slowly.
- Keep neck relaxed and movements controlled.

Bird Dog (Slow)

- Start on all fours with knees under hips and hands under shoulders.
- Extend one arm forward and opposite leg back, holding for 3 seconds.

- Return to start and alternate sides. Keep spine neutral.

Tempo Run (Cardio)

- Warm up with a 5-minute brisk walk.
- Alternate 1 minute of steady jogging or incline walk with 1 minute of recovery walk.
- Repeat for 10 minutes, then finish with a 5-minute cooldown.
- Use incline and pacing to match your level while keeping it joint-friendly.

Cooldown Stretches

- Doorway Chest Stretch: Place arms on doorframe and lean forward to stretch chest.
- Crossbody Shoulder Stretch: Pull one arm across your chest and hold with the opposite hand.
- Supine Twist: Lie on back, bring one knee across body to stretch lower back and spine.
- Deep Breathing: Lie down and breathe deeply into belly for 2 minutes to calm the body.